



Sign Up for Your Biometric Screening

Eligibility: Employees Enrolled as Primary Subscribers in the SJVIA Health Plans

On-site Biometric Screenings include:

- A blood draw to measure your total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, and blood glucose
- Checking your blood pressure
- Measuring your body composition, including height, weight, Body Mass Index (BMI), and waist measurement

You are encouraged **NOT** to eat or drink anything for at least nine hours prior to your **CONFIDENTIAL** screening (with the exception of water and daily medications). Please contact the Viverae Health Center with any questions or concerns.

Member Health Assessment (MHA)

- Identifies behavior that could raise health risks, and provides suggestions for day-to-day changes to improve your health and well-being.

Incentive:

1. Complete the Biometric Screening and MHA for a **\$50 Incentive**.
2. Improve your health score from 2014 screening and receive a **\$150 Incentive**.

How to Register for the Wellness Works Program:

Step 1

- Visit www.SJVIAWellnessWorks.com
- Click **New User Registration**

Step 2

- Enter your last name and date of birth (DOB)
- Enter your identifier: Date of Birth + Last 4 digits of your SSN (mmddyyyy1234)
- Enter the registration code: SJVIA

Step 3

- Create a user name (5-25 characters)
- Create a password (8-12 characters) using letters (upper and/or lowercase), numerals and/or special characters (such as @#\$%&*)
- Select a security question and answer, then click **Save**

How to Sign-Up for you Biometric Screening:

- Log on to www.SJVIAWellnessWorks.com
- Click the **Events** calendar icon
- Choose **View All** to see a complete list of Biometric Screenings
- Click **OK** to complete the sign-up for your screening
- You can also register by calling the Viverae Health Center at 888-VIVERAE (848-3723)



Questions?

Contact the **Viverae Health Center** at **888-VIVERAE (848-3723)**.

All programs are confidential and HIPAA- compliant. Any information shared with the Viverae team will not be disclosed except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

Schedule of Locations

<u>Date:</u>	<u>Location:</u>	<u>Date:</u>	<u>Location:</u>
Feb 2	Professional Development, 4031 W Noble Ave, Visalia	Feb 10	Lindsay District Office, 900 N Sequoia, Lindsay
Feb 3	Tulare Ag Center, 4437 S. Laspina St, Tulare	Feb 11	Visalia Gov't Plaza, 5959 S Mooney Blvd, Visalia
Feb 4	Tulare Works (VDO), 1845 N Dinuba Blvd, Visalia	Feb 12	Visalia Gov't Plaza, 5959 S Mooney Blvd, Visalia
Feb 5	Child Support Services, 8040 Doe Ave, Visalia	Feb 13	HR&D, 2900 W Burrel, Visalia
Feb 6	HR&D, 2900 W Burrel, Visalia	Feb 19	Dinuba District Office, 1066 N Alta Ave, Dinuba
Feb 9	Processing Center, 26644 S Mooney Blvd, Visalia	March 11	Porterville Gov't Plaza, 1063 W Henderson, Porterville